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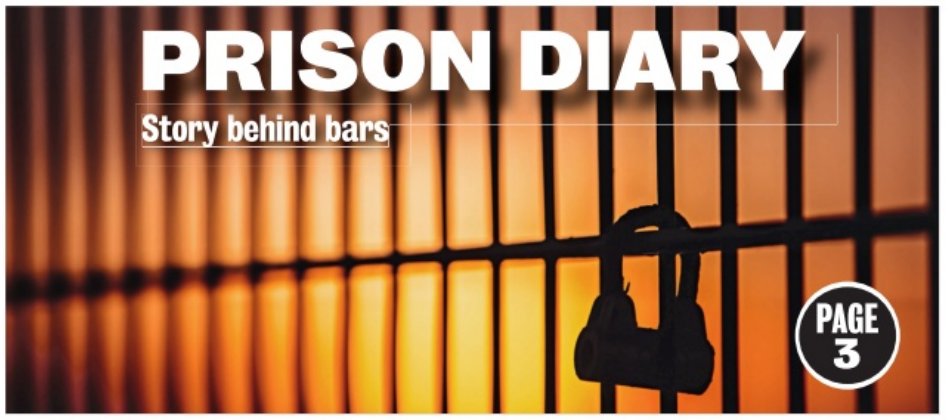
Bangalore Mirror

TEMP Max 26 | Min 20 | Humidity 97% Light thunderstorms and rain Sensex 58,136 | Nifty 17,345 | Gold 51,584 | Silver 57,855 | Dollar 78.53 | Euro 80.16 | GBP 95.98



Critically ill denied access to 75-bed/ 100-bed well-equipped ICUs at Sir CV Raman General Hospital and KC General Hospital with no personnel to man units

I SEE YOU!

Unit opened over a year ago at govt hospital

| Y Maheswara Reddy
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In a classic case of apathy and negligence of the state health department, well-equipped Intensive Care Units (ICUs) at Sir CV Raman General Hospital, Indiranagar and KC General Hospital, Malleswaram are of no service to critically ill persons who need emergency care — due to lack of human resources at the hospitals, we are told.

Residents of Indiranagar expressed concern over the failure of the state health department to open the ICU at Sir CV Raman General Hospital. They demanded the medical superintendent to ensure the ICU is open for critically ill patients at the earliest.

According to a source, the ICU was opened more than a year ago at Sir CV Raman General Hospital. However, it has remained closed till date due to lack of medical staff.

"What is the use of having an ICU without recruiting medical staff? It is like a beautiful building sans housekeeping personnel.

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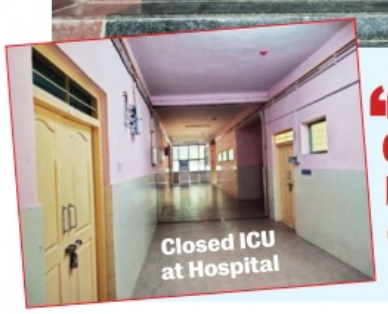

"We have to get approval to recruit 60 persons at KC General Hospital ICU; and 30 staffers at Sir CV Raman General Hospital ICU

– Randeep D, commissioner, health and family welfare, Karnataka

Master Minds

As children struggle to cope post pandemic, city schools face shortage of counsellors

| Saumyangi Yadav
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Fifteen-year-old Prashanth, a class IX student, has been struggling to maintain a tight schedule at school alongside securing good grades. Before the pandemic, he had no such issues with learning.

Aruna R, his mother, said post pandemic Prashanth has been facing difficulties socialising. "Ever since schools reopened after the two pandemic years, it has been stressful for students. After the isolation period, Prashanth has been having issues with socialising. He is awfully stressed about exams and syllabus these days," she said.

The pandemic-induced self-isolation took a toll on everyone's mental health: be it young children or working adults. Anxiety, depression, eating or stress disorders are commonplace as many people struggle to adjust back to post-pandemic normalcy.

Schoolchildren have been severely affected. An Indian Council of Medical Research (ICMR) survey revealed 12-13% of students in India suffer from psychological, emotional and behavioural conditions.

Now, more than ever, there is a dire need for counsellors to be appointed in schools. However, not many schools in Bengaluru have even one counsellor.

D Shashi Kumar, general secretary, Associated Managements of Primary and

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Farmer talk

Have you ever wondered where your food comes from, who grows it, or what it takes? Swing by on Sunday to meet with some farmers and find out for yourself. The market is an initiative to connect us to our source of food, while promoting those that grow food with utmost care for our health as well as the planet. If you fancy a bit of a mix, you will also be able to explore vegan desserts, traditional games, information and products for sustainable living, urban farming and conservation of biodiversity. **Where: Bangalore Creative Circus, 12/2, Yeswanthpur Industrial Suburb. When: Aug 7, 11am – 3 pm Entry: Free, 9611854141**

02 Groove in style

Phoenix Marketcity Bengaluru, is all set to host a mesmerising performance by the legendary calypso king Sumit Roy. Roy is a nationally acclaimed composer and singer, who has been winning the hearts of many over decades with his soulful renditions of some of the evergreen compositions of musical legends from all around the world. A legendary veteran singer, performer, composer, and mentor, he has performed in Alaska, Us Virgin Islands, Las Vegas, New York, Barbados, Bangladesh, etc. **Where: Courtyard, Phoenix Marketcity; When: Aug 6, 6:00 pm onwards Entry: Free**

03 Let your imagination loose

Nexus Koramangala Mall launches 'Abracadabra', an experiential set up with themes such as 'Alligator's Mouth', 'Windy Pole', which Is not only innovative but will let you sync in your reality with your dreams in a way like never before. One can now wander through a room full of immersive large-scale illustrations merging their long-cherished imaginations into reality. For the shutterbugs, you can capture some real Insta and FB-worthy pictures or make some mind-blowing reels with surreal illustrations in your background and flaunt them. **Where: Nexus Koramangala Mall; When: August 5 onwards**

Skin rash? No, it may not be monkeypox

Dermatologists report surge in number of people turning up to check for monkeypox; these are mostly minor skin ailments due to weather, they say

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With eight cases of monkeypox detected so far in India, including three positive cases in Delhi and five in Kerala, people in the city with skin rashes are now getting themselves checked.

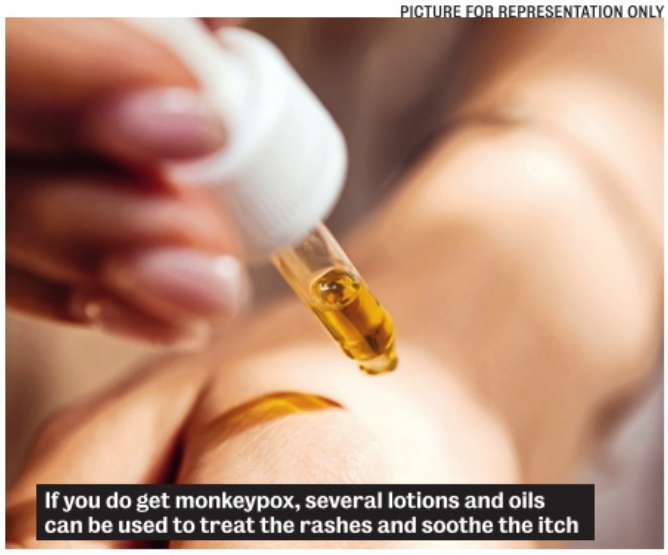
Since monkeypox is characterised by unexplained rash and skin lesions along with fever, body aches, headaches, swollen lymph nodes, many people have started to panic over the disease.

Dr Bhavyashree, Dermatologist, Specialist Hospital, Bengaluru, said, "There has been a steady increase in number of patients visiting the hospital with skin ailments. Many of these patients have minor skin aliments such as allergic rashes, rashes associated with viral aliments or chickenpox."

She added that such skin rashes were common during the monsoon, and there is an increased number of patients with viral infections and chickenpox, where skin rashes and fever are common symptoms. There have been a lot of parents bringing their kids in for consultation as well. "However, many a times it is Hand, Foot and Mouth Disease (HFMD) that is common in children till 12 years of age."

Dr Mikki, Head Dermatologist and Cosmetologist, Bodycraft Clinic, also agreed that more and more people were turning up out of paranoia. She pointed out that if in case one is diagnosed with this disease, there are many treatments one can use to rejuvenate their skin.

PICTURE FOR REPRESENTATION ONLY



If you do get monkeypox, several lotions and oils can be used to treat the rashes and soothe the itch

> **"Avoid contact with sick animals, thoroughly cook all food that contains meat, wash hands frequently**
> – Dr Mikki, Head Dermatologist & Cosmetologist, Bodycraft Clinic

For mild cases, people could use natural treatments like Vitamin E, calamine lotion, aloe vera, cocoa butter and rosehip oil. It's important to also consult a healthcare professional. For over-the-counter alternatives for scars, one can use retinol creams, exfoliants and scar removal creams, she explained.

"But for more severe cases one will have to get professional help and treatments. A few steps people can take to prevent monkeypox is to avoid contact with sick animals, thoroughly cook all food that contains meat, wash hands frequently, wear a mask in public and disinfect all surfaces," said Dr Mikki.

While fever and rashes are symptoms of monkeypox, the condition starts with fever, headache and in certain cases sore throat and cough, coupled with swollen lymph nodes.

"Most cases of monkeypox can be treated at home with paracetamol for fever and pain and self-isolation. Patients need to drink adequate water and topical ointments can be applied to soothe skin rashes and itching," added Dr Bhavyashree.

K'taka govt designates hospitals for monkeypox

At a high-level meeting chaired by CM Basavaraj Bommai on monkeypox, health minister Dr K Sudhakar announced that Epidemic Diseases Hospital in Bengaluru and Wenlock Hospital in Mangaluru have been identified as designated hospitals for isolation of suspected cases. "No cases have been reported in Karnataka so far. There were three suspects out of which, two in Bengaluru have turned out negative and another suspect, a Belgium national, found in Uttara Kannada district, has been tested and his report is not yet out. Confirmed cases will be isolated and treated for 21 days until the rashes are cured," he said.

Slice of history, at Doddajala railway station

The next time you visit Doddajala railway station, be sure to take a trip down history lane as South Western Railways has restored the heritage building.

Four stations: Doddajala, Avatihalli, Devanahalli and Nandi Halt Station buildings on Bengaluru-Chikkaballapur route are more than 100 years old and are being renovated and preserved as heritage buildings in the first phase of South Western Railways restoration project. They are considered to be a hybrid of colonial and Indian architecture and are quaint structures on picturesque stretches. These are one of the oldest railway stretches dating back to August 1915 when it was still a meter gauge line.

Bangalore Mirror
HERITAGE HALTS HERE

Our story on March 15, 2021, spoke on the initiative being undertaken by SWR

History, now here: The newly restored building at the railway station

So far, the heritage building at Doddajala station has been restored and renovated. However, railways say that the restoration of Avatihalli and Devanahalli will take another two months while work at Nandi halt station and rail museum/art gallery work is under progress.

An official from SWR said, "It is also proposed that old coaches be utilised as coach restaurants, art gallery and entertainment zones at these heritage sites. I have requested retired railway employees, general public, institutions and NGOs to share items of historic value pertaining to railways such as books, reports, files, journals, photographs, slides, notes, sketches, pamphlets, documents, magazines, layout plans, tape recordings, audio/video cassettes, films, pictures, furniture, stamps, models, statues, newspaper clippings and other artefacts available."

As per the plan, the heritage buildings will be restored and preserved to enhance their heritage value on different themes.

— Manisha S

Drugs worth ₹2 cr seized from delivery app gang

The Anti-Narcotics Wing of the Central Crime Branch on Tuesday busted an interstate drug racket and arrested five persons. Synthetic drugs worth Rs 2 crore were seized. The accused had stored the drugs at their Paying Guest accommodations and they used delivery apps to supply it.

Based on a tip-off, a team of officials led by Inspector BS Ashok arrested Vishal Kumar, Sagar Mehta, Bimashu Thakur, Mahabali Singh, and Subrajith Singh, who were peddling drugs since September 2021. Drugs seized include MDMA, LSD, cocaine, hashish, Ecstasy and marijuana from the houses in Marathahalli and Whitefield. Probe revealed the accused are unemployed graduates from Delhi and Bihar recruited by their handler in Delhi, who had placed an ad on a site - "If you want to earn respect with money and also willing to do anything for it - Contact me". The accused offered them food and accommodation and a monthly salary of ₹50,000 to pack the drugs. The prime accused who is yet to be arrested sources the drugs from Darknet, police said. The racket was so systematic that there was no direct contact between the five arrested and the customers. **– BMB**

Prison break, triple-checked

Snuck away in cryptic spots, phones & drugs find their way into Central Prison; officials raise security check bar

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File photo of a search by the police at the barracks and other places in Central Prison

Recently, a jail warden surprised a prisoner at Parappana Agrahara Central Prison, who was coolly using a cell phone in the jail kitchen. When caught, the prisoner turned violent.

Despite there being phone jammers in the prison, they are ineffective as the jammers fitted in 2018 are for 2G and 3G phones and prisoners have long moved on to 4 and 5G.

Now in an effort to stop these contraband right at the entrance of the jail, all visitors will have to go through three-layered security checks. The first is physical frisking after the visitor/s keeps away all metal objects; the second is walking through Door Frame Metal Detectors (DFMDs), and checks with officials using hand-held metal detectors and the third a surprise security check. Jail officials can subject visitors to detailed questioning and have been given free hand on who can interrogate following all Standard-Operating-Procedures (SOPs).

These checks came into place after a case was registered in connection with convict Nagendra attacking jail officials after being caught using a mobile phone at the jail kitchen recently. After this, a surprise raid was carried out by a team of officials headed by Chief Jail Superintendent Ramesh. Around 33 mobile phones were seized from the jail barracks.

The phones and the SIM cards were handed over to the Parappana Agrahara police to find out which prisoner had called whom and for what. "During the course of investigation, it was revealed that these 33 SIM cards were using 4G network while our prison cell phone jammers were only meant to block only 2G and 3G networks," a prison staff said.

High-tech use

The most recent upgrade of the cell phone jammers at the Central Prison was in 2018 by the Electronic Corporation of India, Hyderabad when 18 3G mobile network jammers worth Rs 7 crore were set up. But they hadn't predicted that the prisoners would use smuggled 4G or even 5G inside the prison as they knew the jammers are outdated.

Another instance inside the prison that drew the wrath of state Home Minister Araga Jnanendra was when the accused in the murder of Bajrang Dal leader Harsha was found using a mobile phone inside jail. Jnanendra conducted a surprise visit to the prison. He was told of a recent instance of how a mobile phone was being sneaked into the prison. A visitor who had a bandage on his leg was accompanied by two men to meet a prisoner. The security staff frisked the bandage and found a phone concealed in the bandage.

The home minister was briefed about allegations of prisoners from inside the jail making extortion calls to those outside and running their crime syndicate from inside. He chaired a high-level meeting with senior officials to find a solution for upgrading the cell phone jammers at the prison with 5G spectrum by having talks with Electronic Corporation of India, Hyderabad and Bharath Electricals Limited (BEL).

> **"It was revealed that the seized 33 SIM cards were 4G while prison phone jammers are only meant to block 2G and 3G networks**

The authorities were also concerned about drugs and contraband that find their way into the jail. They have also been checking the food - vegetables and rations vehicles that enter the jail premise on a regular basis. "Recently two women visitors were questioned and apprehended by the prison security personnel after they found something wrong with their gait. When the women jail staff were asked to check them thoroughly, they found contraband was hidden in their private parts which they were trying to hand over to the prisoner whom they were meeting. One was a mother and the other woman was the wife of a prisoner," a prison staff said.

BangaloreMirror
KEA rejects repeaters' plea to include PU score
It will be injustice to those who were ranked only on the CET exam last year and are now studying in different colleges says KEA

Can't consider PU marks for 24K CET candidates

The State Government has clarified that it cannot consider inclusion of PUC marks for 24,000 students who passed the second PUC in the academic year 2021-22 and wrote another attempt of CET this year as well. After an elaborate meeting on Tuesday, Higher Education Minister Dr. CN Aswath Narayan said, "Considering the PUC scores for 24,000 students would mean doing injustice to the remaining 3 lakh students. During the meeting, we discussed how these students can be helped. In 2021-22, the second PUC examination was not conducted in the wake of Covid. Thus, only CET marks were considered for admission to professional courses. According to me, these 24,000 will get seats in various colleges." **— BMB**

Pest control claims 8-yr-old's life

An eight-year-old girl died and her parents took ill after developing complications due to pest control at their home in Vasanth Nagar on Monday. Vinod Kumar, a private firm employee, had told his house owner S Shivaprasad about bed bugs in the house. The owner asked the family to stay away for four days to get pest control done through an agency. As per the deal, Kumar was to leave for his hometown after handing over the keys. But the family returned sooner and got into the house using duplicate keys without informing the owner. Once inside, Kumar felt uneasy and came out calling for help. The owner and neighbours rushed to help and found the child, Ahana, lying unconscious after having vomited. The family was rushed to a hospital where Ahana succumbed later. **— BMB**

It pours here when it rains

Many slum dwellers in Bandepalya have been rendered homeless following heavy rains; no relief or rehabilitation has been arranged for these victims

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Incessant rainfall over the past few days has led to many parts of Bengaluru battling waterlogging issues. Streets were flooded and water entered many houses. However, the most affected have been those living in slums.

One such locality facing havoc after the city received multiple spells of rainfall starting Saturday is Bandepalya in HSR Layout. Over 500 families of construction workers, domestic workers, and daily wagers living in this shanty town are crying for attention.

"Many houses in the locality have been flooded since Saturday. All their articles and belongings are drenched, and their houses are water logged, leading to the unlivable conditions. They do not know how to drain out the water as there is no place for it to go. The situation has gone from bad to worse after it rained on Monday night as well. Residents are worried about the yellow alert for the upcoming days," said Geeta Menon, Joint Secretary, Domestic workers' Rights Union.

Open drains and overflowing garbage from an abandoned quarry nearby being used as a garbage dumping yard and a lack of sanitation facilities have made the situation deplorable.

According to slum welfare workers, all the stormwater drains around the area are blocked, leaving no space for the water to drain automatically. The place is water logged every time it rains.

"Flooding in the locality due to rain is not unusual or new. It has been happening year after year. Last year, when it rained around the same time, water stagnated for over two weeks inside the houses and streets of the locality. We went knocking on many doors, but no one paid attention. No inspection was done by any of the authorities and no relief was provided. There were snakes entering the houses through the stagnant water along with garbage," added Menon.

The condition of houses in Bandepalya slum, HSR Layout following incessant downpour in the city for the last few days

While the residents and welfare workers say that having provisions to compensate these families is wonderful, there should be a permanent solution in place.

"We have reached out to the revenue department of BBMP after we had read some newspaper articles about it a couple of months back. We went with an application for relief along with GPS-tagged pictures of flooded homes and streets. However, we are yet to hear from the authorities," said Yashoda P, a slum welfare worker in the area.

> **We were told that the families affected cannot be helped as the houses are built on public land. It is 'government land'**
> – Yashoda P, slum welfare worker

According to Yashoda, the families have now been asked to vacate the place without any provision for rehabilitation.

"We were told that the families affected cannot be helped as the houses are built on public land. As per the area's MLA, it is government land. These families have been here for over 40 years. There is a huge quarry nearby which is filled with waste and garbage. When it rains, the whole area gets messy. Those living here have created a small hillock near the quarry and have built small houses. No relocation alternatives have been suggested and no relief has been provided to these daily wagers," Yashoda further said.

Stormy forecast for Sai Layout

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All it takes to turn Sai layout in Horamavu into a lake is a short spell of rain.

This is the third deluge in the last 2.5 months (May 18, June 18, and Aug 2), and residents blame a narrow rajakaluve near the railway bridge for this.

Due to continuous rainfall over the last few days, the water level is more than a foot high on the roads, leaving many houses flooded. Residents complain of all their belongings being washed away from inside their homes.They also said that the Rs 25,000 compensation from the BBMP is of no use as they require a permanent solution.

> **BBMP officials claimed that they were inspecting the rain-hit area in Horamavu**

A few residents say that the local MLA and Minister BA Basavaraj visited the area and promised to solve their problems at the earliest. However, even after two months, their problems stayed the same. Most of the tenants who were on the ground floor are vacating the houses.

Meanwhile, BBMP officials claimed that they were inspecting the area and motor pumps were being used to flush out the water.

Sai Layout completely inundated

Rain damages in state

- Agricultural crops: **3,499** hectares of land destroyed
- Horticultural crops: **2,057** hectares destroyed
- Houses completely destroyed: **2,430**
- Houses partially damaged: **4,378**
- Human lives lost: **39**
- Death of livestock: **99**
- Urban roads damaged: **1,730** km
- Rural roads damaged: **5,419** km
- Electric poles damaged: **11,796**
- Transformers damaged: **759**

39 deaths reported, houses destroyed

Many districts are reeling from incessant rainfall and the Met department has predicted heavy rainfall across the state in the next few days. Chief Minister Basavaraj Bommai held a video conference with Deputy Commissioners of 11 rain affected districts today.

More rains in the city

Met experts have predicted widespread moderate showers with isolated heavy rain associated with strong surface winds, thunderstorms, and lightning activity over the BBMP area for the next two days. Maximum and minimum temperatures are likely to be around 29 and 20 degrees Celsius, respectively. Isolated heavy to very heavy rains are predicted in Shivamogga, Chikkamagaluru, Kodagu, Hassan, Dakshina Kannada, Uttara Kannada and Udupi districts.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Work faster!
SJP Road Cross

Drainage work has not been completed in Shantappa lane, SJP Road Cross even after 2 months. Mosquitoes are breeding here now.

Unlawful occupancy?
Shantinagar

A fast food place at Shantinagar has encroached the parking space.

Health-risk
OMBR Layout

This spot of stagnant water near site 204,4th Main Road, OMBR Layout has become a breeding ground for mosquitoes. Drains have not seen silt removal for years.

"God comes to the starving lot in the form of food."
- Mahatma Gandhi

A leader who walked the talk, Four decades of public service

Popular Former Chief Minister

Sri Siddaramaiah

Celebrating the Amruth Mahotsav

Date : 03-08-2022 | Venue : Shamanur Palace Ground, Davanagere

Annadata for the starving lot
'Bhageeratha' for the farmers
Reliever of debts of the poor
Voice of the marginalised
Hope for the weak
Provider of milk for children
Guiding light for the students
Skill enabler for the youth
Champion of Women Empowerment
Shoulder for the old people
Torchbearer of Karnataka
A soldier for inclusive society
Messiah of Mass
Hearty welcome to the birthday celebrations of Siddaramaiah

Revolutionary and novel schemes

ANNA BHAGYA
Hunger Free Karnataka

KRISHI BHAGYA
Flourishing Farmers Community

ksheeradhaare
Encouragement for Dairy Farming

Ksheerabhagya
Nourishment for Children

indira CANTEEN

VIDYASIRI
Dream of Higher Education Fulfilled

Vasati Bhaya
Hut Free Karnataka

RURAL DRINKING WATER
Pure Drinking Water

ಪಶುಭಾಗ್ಯ

Arogya Bhagya
Health for all, every where health

MATHRU POORNA
Help for Distressed

EQUITY IN DEVELOPMENT
- SCP / TSP Act.

Issue By : Siddaramaiah-75 Amruth Mahotsava Committee

Lake revival unravels

Doddakallasandra Lake was revived in October 2021, but latest KSPCB report showing high total coliform levels indicates that sewage is again entering lake

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Doddakallasandra Lake has fallen victim to high levels of total coliform content. KSPCB reports from 2021-2022 are indicative of sewage entering the water body.

Lake activists complain that their repeated complaints to the BBMP and BWSSB have gone in vain. Allowing the entry of sewage into a rejuvenated lake can be detrimental to determining the overall health of the lake.

According to the Central Pollution Control Board's water quality criteria, the lake was given a 'class D' grade, which is considered conducive for the propagation of wildlife and fisheries, but the most recent report in July 2022 shows that total coliform levels are at 35,000 MPN/100ml.

The permissible level is 5,000 MPN/100ml to secure 'Class C' for a lake. In April 2022, the total coliform levels were at 1,60,000, in May 2022 it dropped to 5400 MPN/100ml and shot up to 35,000 MPN/100ml in June 2022.

About the sewage entry, lake activist Raghavendra B Pachhapur from ActionAid Association said, "The lake was rejuvenated in October 2021. We had requested the Pollution Control Board to monitor the water quality every month, after which we have been receiving it regularly. I have been following the water quality of the lake for the last 7 months and we have noticed higher levels of total coliform up to 1,60,000, while it needs to be under 5,000 MPN/100ml.

Biochemical Oxygen Demand, which is supposed to be under 3 mg/L, has touched 8mg/L and is now around 5mg/L."

KSPCB's Environmental Officer says sewage is not entering the Doddakallasandra Lake at present

> **"I have been following the water quality of the lake for the last 7 months and we have noticed higher levels of total coliform up to 1,60,000**
> – Lake activist

He added that as the only major avenue for raising complaints are citizens, many complaints were raised on the BBMP Sahaaya app, but in vain.

"This is a definitive indication of raw sewage making an entry into the lake. Water with more than 1,000 total coliform MPN/100ml is not ideal for even agriculture as it could lead to farmers contracting diseases," said Ram Prasad, Co-founder of Friends of Lakes.

On the impact of consuming water with high levels of total coliform on the body, Dr BS Ravindra, Director, Department of Gastroenterology and Hepatology, Fortis Hospitals, said, "Pathogenic coliform can cause diarrhoea, stomach upset, vomiting, and abdominal pain. With prolonged exposure, they can develop chronic diarrhoea, colitis, and irritable bowels."

KSPCB had written to the Chief Engineer of the BBMP Lakes Division. The state pollution board also wrote to BBMP on July 15, apprising them of the public complaints and asking them to stop sewage entry into the lake.

They were also asked to file an action report within 15 days.

However, when BM contacted the Chief Engineer of the BBMP Lakes Division, they claimed that they were unaware of the issue and the letter.

Lake activists note that detecting sewage entry has become tricky.

"With more than one inlet to the lake, it involves a lot of work to determine the sewage entry. In the case of Doddakallasandra Lake, there is one major inlet and a minor inlet, and a stream coming from adjoining buildings," added Pachhapur.

KSPCB Environmental Officer (Bommanahalli) said that currently there is no sewage entry and total coliform is essential to the survival of aquatic life as well.

Pachhapur also complained that while KSPCB performs monthly reports on lake quality, limited preemptive action is being taken.

The 25-acre lake was rejuvenated by BBMP in 2010 at the cost of Rs 6 crore. Activists worry that the rejuvenation might be going down the drain.

HC stays case, sends man for de-addiction treatment

The Karnataka High Court has sent a drug addict to undergo de-addiction treatment in any of the "recognised hospitals for treating and rehabilitating persons addicted to alcohol or other drugs," and stayed a case pending against him under the Narcotic Drugs and Psychotropic Substances (NDPS) Act. Justice M Nagaprasanna said in his recent judgement, "Upon completion of the treatment or any related programme at the hospital, the petitioner shall file a report regarding the success or otherwise of the treatment afforded to the petitioner and the state of health as on the date of such report."

The petition was filed by a 34-year-old man. It was the case the Narcotics Control Bureau that they searched the residence of another person in an apartment at Rayasandra here and found huge quantities of Ganja, Cocaine, MDMA and other drugs. During investigation, this person admitted to his guilt and allegedly named the petitioner as one of his customers. Though the petitioner was not one of the accused in the FIR, his name was subsequently added and he was named in the charge- sheet as accused number four.

In the HC, the petitioner's advocate agreed that the 34-year-old purchased drugs for his consumption and had become a drug addict, and contended that as per Sections 27 and 64A of the NDPS Act, he, being a victim of addiction, should be sent to a de-addiction centre. **– PTI**

New map sounds alarm bells for Vrishabhavathi

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A group of three researchers mapping rivers in the city have come up with a map of the Vrishabhavathi river. The river is highly talked about among citizens, private researchers, and various government bodies due to its alarming levels of toxic pollution. There are many public interest litigations in the High Court to get the water body cleaned up. Despite this, a basic river basin map did not exist until the paani.earth organisation researchers came up with one.

The map plots a wide range of human activities affecting the river, including industrial clusters, sewage treatment plants, industrial effluent treatment plants, hazardous waste landfills, urban centers, open-pit quarries, and hydropower plants.

The experts - Dr Nidhi Paliwal, Nirmala Gowda, and Madhuri Mandava - showed the 69-km-long river, from Sankey tank to the Vrishabhavathi confluence with the Arkavathi river, in their map.

The team provided 25 useful pieces of information about the river valley. It was showcased that the Byramangala dam and Suvarnamuki anicut are the two dams built on the river for irrigation.

"Since the river flows 24x7 with toxic wastewater, both the dams store wastewater used for irrigation. Byramangala dam's wastewater irrigated area is roughly 3,954 acres, while the Suvarnamuki anicut wastewater irrigated area is not known," pointed out the researchers.

> **"The completely concretised BBMP area occupies 23 per cent of the total river basin**
> – Paani.earth researchers

The river basin of Vrishabhavathi is spread across two districts – Bengaluru Urban and Ramanagara. Bengaluru Urban occupies 58 per cent of the river catchment, while Ramanagara occupies the rest – 42 per cent.

"The completely concretised BBMP area occupies 23 per cent of the total river basin. This is the largest source of sewage and solid waste in the river," information about the map read.

Four industrial areas in the Vrishabhavathi river basin are marked: Peenya, Kumbalgodu, Bidadi, and Harohalli. Peenya industrial area is maintained by BBMP. The rest are maintained by KIADB. Some industrial clusters near Bapuji Nagar and Nayandhahalli are also plotted. Due to the many industrial areas marked, the industrial effluents go to the river and have led to sewage entry.

"Six large secondary sewage treatments maintained by BWSSB are plotted. Vrishabhavathi Valley old (120 MLD), Vrishabhavathi Valley new (150 MLD), Mailasandra (75 MLD), Kengeri (60 MLD) Doddabele (40 MLD), and Doddabele (20 MLD). The Vrishabhavathi Valley Tertiary Treatment Plant (60 MLD) is the only tertiary sewage treatment plant in the basin. It is maintained by BWSSB," read the findings.

Despite the tertiary plant, the river has not gotten any better because of the enormous amount of waste entering it. Open-pit quarries have been identified using Google Earth Engine, Google Earth Imagery, and Toposheets. The map shows the river being affected by quarries. The Department of Mines and Geology is responsible for mining leases, whereas KSPCB is responsible for pollution. The river basin is also said to host two hazardous waste landfills operated privately by Mother Earth Environ Tech Pvt Ltd and regulated by KSPCB. Both the landfills are in the Harohalli Industrial area.

The groundwater status of the river, as classified by the Central Ground Water Board, is documented. Bengaluru district's taluks in the basin are overexploited, while Ramanagara district's taluks in the basin are critical.

HEALTH TIP: Using sliced cucumbers on your skin can help reduce inflammation, sunburn pain and swelling

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BangaloreMirror | 7
Wednesday, August 3, 2022
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Bag it, if you can

Plant-based food, clothing and beauty products were a trend, and now we have handbags. Let's find out what they are and how they are made

Despite the harm it brings to our planet, leather is in, and it has been for decades - it doesn't seem to be going anywhere. This is perhaps why designers and luxury brands are attempting to find more sustainable alternatives to the beauty and elegance of leather.

Vegan handbags and clothing are now making their place in prominent fashion lines for their eco-friendly and affordable characteristics. However, many remain confused as to the making, process, and benefits of vegan bags.

Vegan handbags - The process

Now there are plenty of raw materials from which vegan bags can be made - cork, pineapple leaves, apple peels, recycled plastic, other fruit waste, and of course, polyurethane. The processes, depending on the source material, are distinct and yet easy to execute.

For example, in the case of pineapple leaves or apple peels (category of food waste), the material is degummed and made into luxe mesh material similar to felt in terms of touch and feel. Synthetic leather, on the other hand, is made by bonding a plastic coating to a fabric backing; the processes vary and are what define whether the leather stands to be eco-friendly.

Polyurethane is observed to be a slightly less damaging plastic and is constantly being developed to reduce flaws such as the hazardous release of toxins during the manufacturing process. Typically, PU handbags are made with the help of fossil fuels.

A conscious purchase with benefits to the environment Since the pandemic, consumers are making more conscious decisions about their purchases. They are eager to know the history, present, and impact of the products they add to their collections. Fashion enthusiasts, too, are not excluded from these efforts.

Popular designers like Stella McCartney, Angela and Roi (from AngelaRoi), Moenn, and more are adapting to vegan designs. The vegan leather market is expected to grow to a whopping USD 85 billion by the year 2025 due to recent reports. This indicates that more shoppers are currently switching from genuine to faux leather, promising a new trend in the fashion world.

To willingly contribute to the protection of the environmental impact of leather, people need to know how vegan alternatives are better suited. Many consider leather a by-product of the meat industry - in simple words, it is what we call collateral damage. And even though the argument may seem logical, there are many things to consider from an economic standpoint.

Take cows, for instance, it is remarkable yet terrifying how the industry has gravely exploited several uses for one animal - milk, meat, skin, horns. However, when a business boasts multiple profit streams, it is considered diversification, and not a by-product. Whether the leather industry contributes to these profit streams of 1 per cent, 5 per cent, or 20 per cent, it seems to be enough to pursue, eventually leading to more slaughter and horror.

Vegan bags are Cruelty-free

The other animals slaughtered for leather, the ones we don't particularly eat, are a by-product of direct motivation that lies outside the co-product idea. All in all, the environment is destined to bleed if genuine leather remains in production, whether it is to do with the carcinogenic chemicals used and transferred to our bodies, the horrific conditions for employees in the industry, or the harmful toxins expelled during production. Thus, the emerging trend for vegan handbags, clothes, accessories, and more.

Not only are vegan handbags cruelty-free and sustainable, but, if maintained efficiently, are durable and most importantly not likely to cut a rather large hole in your pocket (as opposed to genuine leather).

It will be interesting to live in a time where fashion experts render genuine leather outdated and 'so last season as they say. And vegan leather is our only saving grace if that is to happen. So if you are to flaunt a fashion-forward accessory or bag in front of your friends, at least, you'll know you're saving the environment while you're at it.

—IANS

MIRRORLIGHTS

Consumption of ultra-processed foods may up dementia risk

People who eat the highest amounts of ultra-processed foods like soft drinks, chips and cookies may have a higher risk of developing dementia than those who eat the lowest amounts, says a new study.

The study, published in the journal Neurology, found that replacing ultra-processed foods in a person's diet with unprocessed or minimally processed foods was associated with a lower risk. However, it mentioned that the study does not prove that ultra-processed foods cause dementia and only shows an association.

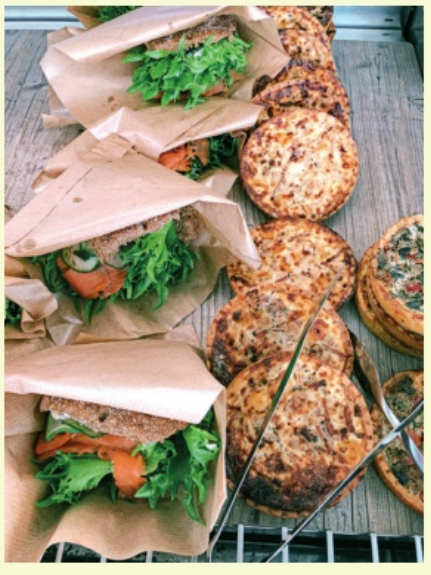
"Our research not only found that ultra-processed foods are associated with an increased risk of dementia, but it also found replacing them with healthy options may decrease dementia risk," said researcher Huiping Li of Tianjin Medical University in China.

Ultra-processed foods are high in added sugar, fat and salt, and low in protein and fibre.

For the study, the team identified 72,083 people from a large database containing the health information of half a million people living in the UK. Participants were 55 and older and did not have dementia at the start of the study. They were followed for an average of 10 years. By the end of the study, 518 people were diagnosed with dementia. During the study, participants filled out at least two questionnaires about what they ate and drank the previous day.

They then divided participants into four equal groups from the lowest percentage consumption of ultra-processed foods to the highest.

On average, ultra-processed foods made up 9 per cent of the daily diet of people in the lowest group, an average of 225 gm per day, compared to 28 per cent for people in the highest group, or an average of 814 gm per day. —IANS



All problems solved

Dear Coleen

I'm a divorced mum of two and I met a fantastic guy a few weeks ago, and it's been great. He also has an ex and one child.
Recently, I went for lunch with a friend I hadn't seen in a while and told her about my new romance and she was horrified. She said she knows my boyfriend's ex and that he was awful to her when their marriage was ending. My friend said he was emotionally abusive, controlling, difficult over arrangements for his child and even shouted at his ex in public. According to her, he was a bully.
This isn't the guy I know at all - he's caring, charming, attentive and brilliant with my kids. I really thought I'd won the jackpot when I met him, but now I don't know what to do. I'd love your advice.

COLEEN SAYS

Well, I think divorces are complex, messy and very painful for all involved. I guess you're only hearing his ex's version of events, but it would be worth finding out more from other sources if you can. Of course, you could ask him directly if there's any truth in it, and you should, but there's no guarantee he'll be honest with you. I suppose you have to ask yourself, why would his ex lie?

The thing is, you don't know him very well yet and your relationship is still in its honeymoon period - it hasn't been challenged yet. But if you stay together for any length of time, you will face hurdles because that's life and you don't know how he'll react.

I think you should take the relationship very slowly and if there's even the slightest hint of controlling or abusive behaviour, then walk away immediately.

It's a difficult one because people love to gossip and truths get altered along the way. However, it sounds like your friend knows his ex well. After divorce, do you want to jump out of the pan and into the fire? There are plenty of good guys out there.

—Coleen Nolan, Daily Mirror

No personnel to man govt hospital ICUs

CONTINUED FROM PAGE 1

I want the state health department to recruit doctors, nurses and other workers for the ICU; it will be a boon for critically-ill patients," said Krishna Prasad, a resident of Baiyappanahalli.

As of now, Sir CV Raman General Hospital has a small ICU that can accommodate 16 patients. At the moment, there are three patients undergoing treatment at the facility.

"We are managing the ICU with the available medical staff. We are not referring the inpatients who need to be shifted to the ICU to other hospitals for further treatment. We are not able to admit critically ill patients who need to be shifted to the ICU as we closed the 75-bed ICU due to lack of medical staff. We need around 30 medical personnel, including six doctors," the medical superintendent at Sir CV Raman General Hospital told Bangalore Mirror.

He said he has already written a letter to higher authorities requesting to recruit the medical personnel for maintaining the 75-bed ICU. "I am hopeful of getting the required medical personnel shortly," he said.

For critically-ill patients who require an ICU, the nearest government hospital is Bowring and Lady Curzon Hospital.

According to a source, currently, only 10 patients are being treated at KC General Hospital ICU as against the actual occupancy of 100 patients due to a lack of medical staffers at the facility.

Meanwhile, Karnataka health and family welfare commissioner Randeep D said the process is on to get the required approval to hire medical personnel at the ICUs of Sir CV Raman General Hospital and KC General Hospital.

"We have to get approval to recruit around 60 medical personnel for the ICU at KC General Hospital and around 30 personnel for the ICU at Sir CV Raman General Hospital," said Randeep.

Kids' mind, body and soul post covid

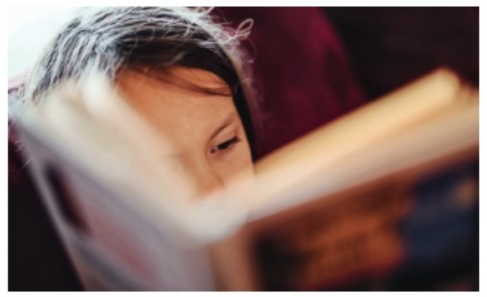
CONTINUED FROM PAGE 1

Secondary Schools, told Bangalore Mirror that this is mainly due to a lack of availability of practising mental health professionals. "There are more than 2,000 schools in Bengaluru; there are simply not enough qualified counsellors. The demand is high but the supply is low," he said.

"Of course, schools can have counsellors on a sharing basis but to have one counsellor on call always on the premises isn't feasible. Secondly, it is also very expensive as counsellors charge high fees. Only a few elite schools in the city have in-house counsellors," Kumar added.

There is a shortage of mental health workers in India on the whole, and not just at the schools.

Consulting psychiatrist Dr Divya Aswani further explained the gravity of the situation: "With a population of nearly 1.5 billion, India needs at least a minimum of 25,000 practising mental health professionals. But in reality, there are less than 10,000 psychiatrists qualified to be therapists or counsellors - one of the reasons why therapy



and counselling sessions cost so much."

Experts are of the view that counselling can help students to reduce stress and focus better on studies as well as physical activities.

Kumar told BM that since the need for counselling school children has arisen now, schools could start training teachers to provide counselling to the students. "Schools can train their senior teachers to provide guidance and counselling to the students. Many schools have done that during the lockdowns as well," he said.

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CHANGE OF NAME

I, BINOJ NINAN NINAN KURIAN, S/o, Ninan Kurian and residing at 5N-108, Provident Sunworth Apartments, Venkitapura, Kengeri, Bangalore 560060 have changed my name to BINOJ NINAN vide affidavit dated 02.08.2022 sworn before notary B.V Nagabhushana, Bangalore

I, AMRITA SHANKAR RAJ D/o Shankar raj residing at address. # 263 2nd floor 10th cross telecom layout B'lore Karnataka-560023 have changed my name to AMRIN ZAAHRA vide affidavit dated 01.08.2022 sworn before notary R. Basavaraja, Bangalore-94.

I, KAVYA T R, W/o, Vishwanath Mahadev and residing at No.5, 1st Cross, 1st Main, Vinayaka Nagar, Rupena Agrahara, Bangalore 560068 have changed my name to KAVYA vide affidavit dated 02.08.2022 sworn before notary B.V Nagabhushana, Bangalore

I, SANA, D/o, Rafeeque Mohammed and residing at No.20, 14th B Cross Road, J P Nagar 1st Phase, Bangalore 560078 have changed my name to SHEIKH SANA SEHER vide affidavit dated 02.08.2022 sworn before notary B.V Nagabhushana, Bangalore

I, Swati Kulkarni alias Swati G Kulkarni alias Swati Gururaj Kulkarni D/o Gururaj R/o No-55/187/3, vivekananda nagar, Gokak, Belagavi- 591307 have changed my name to Swati Gururaj Kulkarni for all future purposes.

I KUMARI MANI STHAPATHI R/O No. 404 Vishal Palace 4th Floor 1st Cross Malleshwaram Bangalore 560003 have changed my name as KUMARI MANI SOUNDHARA vide affidavit dated 01/08/2022 before notary S N MADHU Bangalore.

I, Vijay Kumar Goulay S/o Vithal Goulay R/o #302 Shravanthi Flora, Kempanna layout, Gowdanapalya, Chikkal asandra Bengaluru 560061 have changed my name to VIJAY GOULAY affidavit Dt.02/0 8/2022 notary K.V Mani, B'luru

I, Akash S/o Ramesh Kumar Visawanathan R/o #17, top floor, 3rd cross, 4th main, Abba -yappa Lyt, NS Palya, BTM 2nd stage, Bengaluru 560076 have changed my name to AKASH NAIR affidavit Dt.02/08/2022 notary K.V Mani, B'luru

I, Kumar Kushal R/o D411, Ittina Abby Appt, 7th Cross, Hal Post Lb Shastri Nagar, Bangalore have changed my minor son's name from Samyak Rajbhar to Samyak Bhardwaj for all purposes.

I Md Munaf Razik Ansari S/o Abdul Razique Ansari R/o 308,Sai Sannidhi Apt, Belathur, Whitefield, Bangalore - 560067 have changed my name to Mohammed Munaf Abdul Razique Ansari for all purposes

I Lalitha Manikchand, D/o Manakchand D. R/o No 16, Jnana Bharti Main Road, Nagarbhavi, Bengaluru 560072 have changed my name to Lalitha Manakchand Malviya for all purposes.

I Kusum Manikchand, D/o Manakchand D. R/o No 16,jnana Bharti Main Road,nagarbhavi, Bengaluru 560072. Have Changed My Name to Kusum Manakchand Malviya for all purposes.

I, MOHAMMED FEROZ resident of No.106/2, Wahab Manzil, S.C.Road, Seshadri puram, Bangalore-560020 have changed my name to A.FEROZ affidavit dated 02.08.2022 notary R. Basavaraja, B.lore.

I Jayashree R D/O, Ramanath R/o 397 4th Cross Devasandra, New Bel Road, chikkamaranahalli. Bangalore-560054 have changed my name to Jayshree R for all purposes.

I Kamal Ani Mohandas, D/o Vijayan.k. R/o No 352,7th Main near Indiranagar Club,hal 2nd Stage,bengaluru 560038 have changed my name to Kamal Vijayan, For All Purposes.

I, Prasanna Goudar S/o R.M.T Goudar, R/o No.57, 1st Main Road, 2nd cross, South avenue, Gottigere, Bannerghatta road, Bengaluru 560076 have changed my name to PRASANNA RANGANAGOUDA GOUDAR (PRASANNA R GOUDAR) vide affidavit Dt.02/08/2022 Notary K.V Mani, B'luru

I, RAHEEL PASHA S/o Ajmal. residing at address. # 7/4 1st cross 2nd Main Padarayanapura, Bangalore Karnataka-560026 have changed my name to RAHIL PASHA vide affidavit dated 01.08.2022 sworn before notary R. Basavaraja, Bangalore-94.

LOST & FOUND

I, Swami Ramadas have lost my Original sales deed documents situated in Kothakondapalli village of Hosur Taluk, Krishnagiri dist doc No 4836/1986 Syl No 535 Plot No 97 (Area Extend 1200 sqft) SRO Kelamangalam I have lost my bunch of original documents while Transmitting house Articles in Banaswadi on 24/7/22 (Case Registered) finder Contact Swami Ramadas Res/dolNo 1689/8, s 20, feat Road Prakash Nagar Banglore-560021 #8965891256

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Work-life balance: New moms seek spaces for breastfeeding

A dedicated lactation room in offices will help mothers to achieve the required work-life balance

Breastfeeding is not only good for babies, but it also reduces risk of postpartum depression

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Breast milk is considered the safest and healthiest food for newborns. For many working mothers with young babies, going back to work after maternity leave is a challenge. Long working hours, and lack of nursing rooms for breastfeeding or pumping milk dismantles their work-life balance.

Breast awareness week begins from August 1 to 7, and the theme is "Step Up Breastfeeding". Many mothers, once they start to work, are forced to shift to using formulas for their babies, while the Indian Academy of Pediatrics (IAP) recommends exclusive breastfeeding for the first six months up to two years.

To make breastfeeding and work easy, doctors stress the need for a supportive workplace for lactating mothers.

Dr Ravneet Joshi, Lactation specialist at Manipal Hospital said, "Breast milk is much more than the best source of nutrition for the baby. Studies show that babies who are breastfed for a longer duration have better immunity and mental development. Mothers who breastfeed are at a reduced risk of postpartum depression and many other serious illnesses."

Breastfeeding-friendly policies are also beneficial for employers as they save costs by reducing mothers' absenteeism and help attract and retain talent, added Dr Joshi. He also pointed out the importance of having nursing rooms in workplaces and public places.

"Every workplace should have a nursing room, where the lactating mothers can comfortably carry out expressing breast milk. Places like bus stops, railway stations and airports should have different nursing rooms," he said.

The doctor advised mothers to insist on breastfeeding, even after returning to work by pumping and storing milk.

"Practice the technique of expressing breast milk. Expressed breast milk should be collected and stored in sterile containers. It can be kept at room temperature for up to six hours and can be refrigerated for up to two days," said Dr Joshi.

> **Studies show that babies who are breastfed for a longer duration have better immunity and mental development**
>
> – Dr Ravneet Joshi, Manipal Hospital

Dr Lini Balakrishnan, paediatrician, Motherhood Hospital, Sarjapur, pointed out that an inclusive workplace design is the need of the hour.

"Creating special nursery rooms will not only benefit the mother, but also the employer. Having a dedicated lactation room will help the mother achieve the required work-life balance. It will help women feel more at ease as they will not be constantly worried about their child's feeding schedule. It will help increase their productivity at work and encourage more women to return to work post pregnancy and reduce turnover rates of the company," said Dr Balakrishnan.

ED attaches assets of ex-corporator in DA case

The Directorate of Enforcement (ED), on Monday, provisionally attached immovable assets to the tune of Rs 3.35 crore in the Disproportionate Asset case involving CG Gowramma, Ex-Corporator of Azad Nagar in Chamrajpet and her husband Govindaraju.

The ED initiated a money laundering investigation on the basis of the charge sheet filed by the Karnataka Lokayukta Police, Bengaluru against the couple for the offence committed under sections of the Prevention of Corruption Act, 1988, and sections 120-B - criminal conspiracy of the Indian Penal Code in an FIR registered by the Karnataka Lokayukta Police, Bengaluru.

The investigation by ED revealed that Gowramma during the period as a corporator misused her official position and generated proceeds of crime with her husband and laundered the generated proceeds of crime by crediting the same into their bank accounts in cash and by acquiring various immovable properties in cash.

CG Gowramma and her husband Govindaraju were alleged to have acquired disproportionate assets to the tune of Rs 3.46 crore during the check period from the financial year 2010-11 to 2012-13. The immovable properties, thus identified include agricultural land, residential plots as well as commercial sites. There were at least 12 properties in and around Bengaluru city. The police during a raid in 2012 had found 3.3 kilograms of gold ornaments, silver articles weighing 21 kilograms and four cars in the name of the couple and their family members. —BMB

Drone mapping done in 2,600 villages

Sridhar.Vivan @timesgroup.com
TWEETS @sridharVMIRROR

Have you been spotting more drones of late? They are on a mission to draw boundaries of villages, which hitherto were non-existent in official records.

Currently, the Survey of India (SoI) is preparing a new large-scale topographical map covering 51,000 sq km of land in Bengaluru Urban, Ramnagar, Belagavi, Uttara Kannada, Hassan and Tumakuru districts. So far, 2,664 villages have been mapped using drones. An MoU was signed between Karnataka's Revenue department and Survey of India in February 2019.

"Unlike the previous maps that had a scaling of 1:50,000, the current map comes with a scale of 1:500. Earlier, the smallest mappable unit was 100 by 100 metres and now it will be one by one metre. Earlier, two or three societies were shown as a single block while now even the external furniture can be mapped," said a senior official of SoI, Dehradun.

These high-resolution maps will be helpful to the revenue department in modernising its records. Officials term this as a goldmine for the revenue and municipal departments as every asset will be mapped in detail. In the second phase, maps for Kodagu, Davanagere, Dharwad, Kalaburgi, Dakshina Kannada, Vijayapura, Gadag and Mysuru districts will be made.

Union Minister for the state in Panchayat Raj department, Kapil Moreshwari Patil said, "The Central Sector Scheme "SVAMITVA" aims to provide the 'Record of Rights' to village household owners possessing houses in inhabited areas (Abadi) in villages with the issuance of legal ownership rights. The scheme aims to cover 6.62 lakh villages from the financial year 2020-21 to 2024-25. It is being implemented with the collaborative efforts of the Ministry of Panchayati Raj, Survey of India (SoI), State Revenue Department, State Panchayati Raj Department and National Informatics Centre (NIC)."

Detailed maps will prove helpful to revenue dept to monitor assets

According to the SWAMITVA project, the details will provide the 'record of rights' to village household owners possessing property, in turn, they can use their property as a financial asset for taking loan. The main objectives of this project are to bring financial stability, creation of accurate land records for rural planning, determination of property tax, creation of survey infrastructure and GIS maps and reduce property-related disputes and legal cases.

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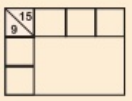
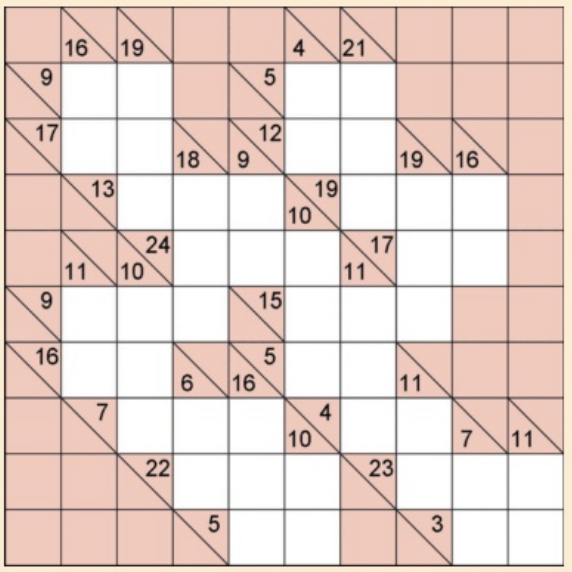
Kakuro

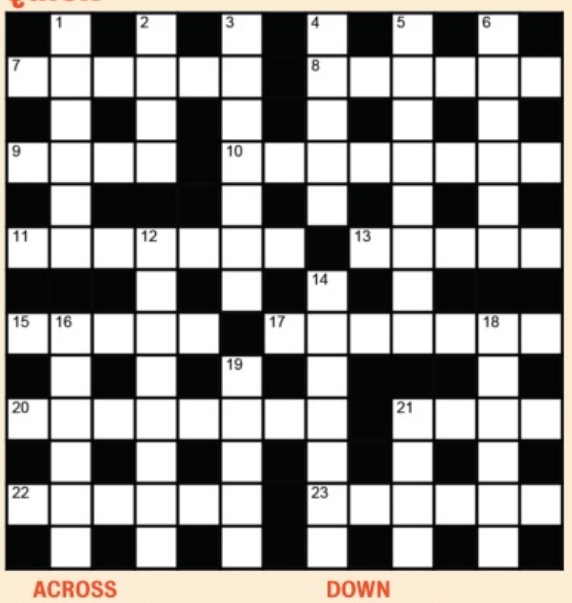
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Popular F1 venue (6)
8 Salted or roasted kernel? (6)
9 At a distance (4)
10 Adjoining or abutting? (8)
11 Fictional archaeologist ___ Jones (7)
13 A short friction match (5)
15 Cleopatra's country (5)
17 The negative electrode (7)
20 Small fleet (8)
21 Small amounts (4)
22 Altitude (6)
23 Ravenous (6)

DOWN

1 Sarcophagus (6)
2 Equitable (4)
3 Mailing (7)
4 Dried poppy juice (5)
5 Hemp used as narcotic–"he has she" anagram? (8)
6 Fruit basket (6)
12 Contagious skin disease (8)
14 Sense of style (7)
16 Woods or Poulter? (6)
18 The elephants for the Mysore Dussehra were trained at this camp (6)
19 Fabric (5)
21 By ___ of : by force or means of? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS G

ATY IYLDYA FH KUHY UI AF VNNDYLUVAY ATY NKY-VIMDY FH QYUSE AYDDUQKJ, AYDDUQKJ ZYLYUXYZ.

Linemaro

You: Can you hold something for me? Him: Sure. You: (Grab his hand)

Mindchow

If you didn't know history, you are a leaf that doesn't know it is part of a tree

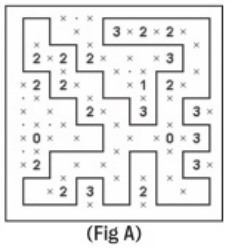
Joke of the day

Impotent: Distinguished, well known

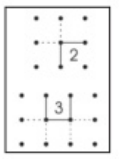
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

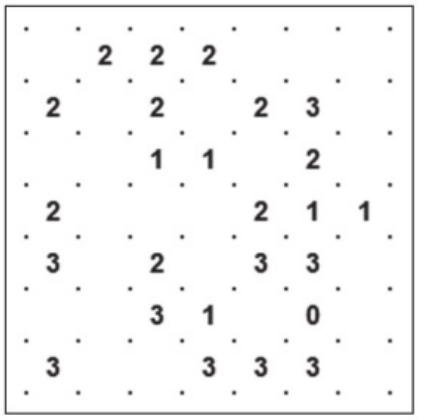


(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout

This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1 M	2	3	4	5
6				
7				
8				
9				

ACROSS

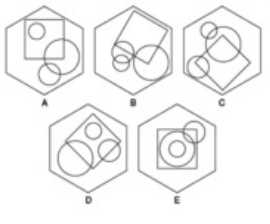
1 C Math; 6 I gale; 7 Groat; 8 Umami; 9 Scant

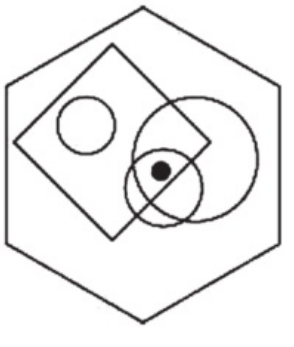
DOWN

1 Gamic; 2 Am Aga; 3 Taint; 4 Lo cut; 5 Mrs he

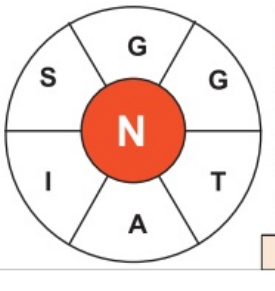
Mensapuzzle

To which hexagon below can a dot be added so that it then meets the same conditions as in the hexagon)?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

11 Average; 13 Good; 15 Outstanding

SudokuChallenge

8				9				5
	5						1	
		3	6		5	4		
	4	5	9		2	7	6	
	2	7	3		1	5	8	
		1	2		8	6		
	8						2	
6				5				3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

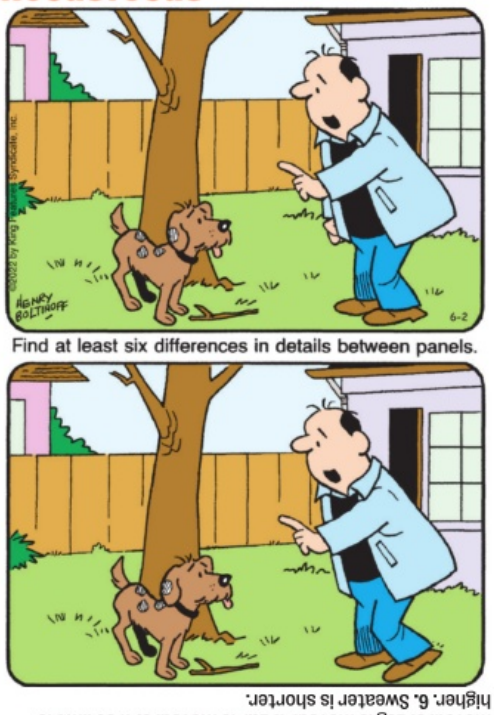
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy ☐☐☐☐☐☐☐ = 20
2 4 5 6

Medium ☐☐☐☐☐☐☐ = 8
3 6 7 7

Hard ☐☐☐☐☐☐☐ = 44
2 4 8 3

Hocusfocus



Find at least six differences in details between panels.

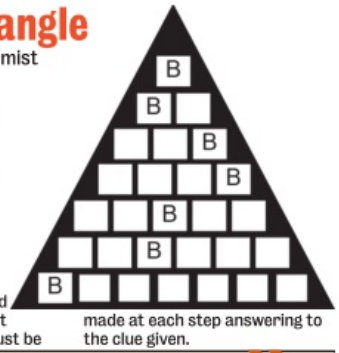
Differences: 1. Arm is not showing. **2.** Dog's tongue is moved. **3.** Leg is moved. **4.** Ear is moved. **5.** Tree limb is higher. **6.** Sweater is shorter.

Riddler

What do these groups of words have in common?
1. Grant, us list you
2. More fill, lard mill
3. Ding hard, wren war

Alpha triangle

1 Boron for the chemist
2 Bushel, abbr.
3 Bath feature
4 Theatre souvenir
5 Cylinders
6 Nuanced
7 Moved about in a **bus**y manner



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

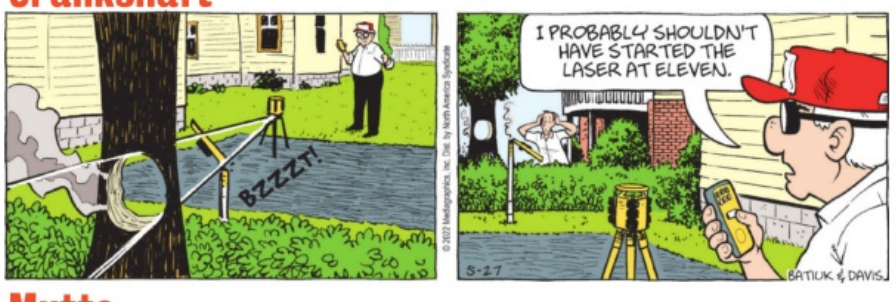
Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today your creativity may be high. You may attend some creative event. Your money which was stuck may be recovered now. Job seekers are advised to update their knowledge. Students are advised to put in more effort in academics.

Taurus Apr 21 – May 20
Today you may feel dull due to sleeplessness. You may be scattered in terms of your goals, which may affect your working efficiency. You may plan to visit some spiritual place. You are advised to take care of your parent's health.

Gemini May 21 – Jun 21
Today you could be in a hurry. You are advised to drive safely. You are likely to be more romantic in your love life, ushering in domestic harmony. Expect positive results from new partnerships. Lovebirds may enjoy happy moments. Students may hear good news in terms of academics.

Cancer Jun 22 – July 23
Today your subordinate staff may be cooperative, which may help you to complete postponed projects. You are likely to join some social event that will boost your network and help your work or social life. you may plan for an outing with friends. Disputes with friends may settle now. Students are advised to avoid carelessness.

Leo Jul 24 – Aug 23
Today you must avoid spending your hard-earned money on worthless items as it may affect your savings. Do not expect too much from the people around you as that may lead to depression. It may affect your behaviour with the people around you. You are advised to control your way of speaking while discussing domestic issues.

Virgo Aug 24 – Sep 23
Today you may feel more energy and inner strength. Your performance may be good and you can complete your work within a frame. You can also help someone who is needy by giving advice. Your prestige may be increased. You are likely to strike a balance between domestic and professional life. Those related to import, export, and trading, strategy analysts may do better now.

Libra Sep 24 – Oct 22
Today you may be a victim of fantasy, which may drive you towards hypothetical aspects. This could leave you indecisive and disturbed, which can affect your ongoing projects. Finance issues are likely to affect ongoing tasks. You are advised to be practical and avoid dreaming.

Scorpio Oct 23 – Nov 22
Today you are blessed by the moon. Small investments may convert to big profits. Your working efficiency may be increased now. You are likely to get success with less effort. You may hear good news in legal matters. You may also have full control over your opponents and rivals.

Sagittarius Nov 23 – Dec 22
Today you are blessed by the moon. Low effort can bring you success. You are likely to have good profits from your past investments. You can expect rewards due to your hard work in professional and domestic life. Your prestige may be increased now. You may start new innovations in business. Disputes with your spouse may be resolved.

Capricorn Dec 23 – Jan 20
Today you may feel better as situations are under control. Your network may help you on the work front. You may plan for overseas travel. This is a good time to increase domestic harmony and improve your love life. You may bring some artefacts or creative items for your family. You can also plan for watching movies with friends or family.

Aquarius Jan 21 – Feb 19
Today you may get tired due to overworking. It can make you lazy and careless. You are advised to keep patience. If you are planning for adventure tours, you are advised to postpone it for a while. Your past investments may convert to dead stock. Students are advised to work hard. You may have backaches and nervous system, skin, or liver-related issues.

Pisces Feb 20 – Mar 20
Today your creativity may be high and you may plan to renovate your house. You may buy items for your house or office which can increase your social status. There is likely to be some harmony with your spouse. Disputes with friends, co-workers and partners may be settled down. You may get good news in terms of litigation.

KIDZONE

Akshatha Yadati, 5 Years, Poornaprajna school

Tanujaa, Tinny Totts

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=16-16×1 = 16-16 = 0

QUOTE UNCODE
The secret of life is to appreciate the pleasure of being terribly, terribly deceived.

FAST FIVE

M	A	T	C	H
A	G	I	L	E
I	M	A	U	M
G	A	T	O	R
C	A	N	T	S

RIDDLER
If you read the words in each group from right to left, each group sounds out the name of a US President, with commas separating the first and last names. 1. U-lyss-es Grant, 2. Mil-lard Fill-more, 3. Mar-ren Har-ding

STRIKE OUT

M	A	K	E	U	P	N	U	A	N	C	E			
A	I	R	W	O	K	A				U				
N	E	T	H	E	R	J	E	E	V	E	S			
A	B		U	F	O	S	I			T				
N	D	A	I	S	A	Y	C	E	R	O				
A	G	U	S	T	S	T	Y	S	O	N				
	N	P	U	S	H	E	R	S	B					
O	N	T	A	P	I	R	A	T	E	D				
N	E	W	S	R	O	A	M	N	N	E				
E	I	F	A	N	S	U				V				
F	L	O	T	I	L	L	A	D	A	B	S			
	O	E	C	N						U				
E	G	Y	P	T	C	A	T	H	O	D	E			
	M	G	P	S										
I	N	D	I	A	N	A	V	E	S	T	A			
	I	M	E											
A	F	A	R	T	O	U	C	H	I	N	G			
	F	I	S	I	S	N								
M	O	N	A	C	O	P	E	A	N	U	T			
	C	F	P	O	H	P								

QUICK

R	O	H	E	T	E									
H	E	I	G	H	T	H	U	N	G	R	Y			
	I		O		I	A								
F	L	O	T	I	L	L	A	D	A	B	S			
O		E	C	N						U				
E	G	Y	P	T	C	A	T	H	O	D	E			
	M	G	P	S										
I	N	D	I	A	N	A	V	E	S	T	A			
	I	M	E											
A	F	A	R	T	O	U	C	H	I	N	G			
	F	I	S	I	S	N								
M	O	N	A	C	O	P	E	A	N	U	T			
	C	F	P	O	H	P								

MENSA PUZZLE
E: so that the dot appears in two circles and the square;

BULL'S EYE
angst, gain, gang, gaunt, gnat, gnu, gnus, gnash, gnaw, gnome, gnostic, gnu, gnus, sang, satin, sing, sign, sling, snag, STAGING, stain, sting

SUDOKU

6	7	2	1	5	9	8	4	3
5	8	9	4	3	6	1	2	7
4	3	1	2	7	8	6	5	9
9	2	7	3	6	1	5	8	4
1	6	8	5	4	7	3	9	2
3	4	5	9	8	2	7	6	1
2	9	3	6	1	5	4	7	8
7	5	4	8	2	3	9	1	6
8	1	6	7	9	4	2	3	5

ALPHA TRIANGLE
8, 8u, Tub, Stub, Tubes, Subtle, Bustled.

GO FIGURE
Easy
2 × 5 + 6 + 4 = 20
Medium
3 × 7 − 6 − 7 = 8
Hard
3 × 8 × 2 − 4 = 44

LOOP

KAKURO

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 # Lokesh takes a social media break

Actor Lokesh Kanakaraj, who has been having a dream run in Tamil cinema delivering back-to-back hits, has announced that he will be taking a break from social media for some time

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Stars get naughty

Not one to skirt an issue

Hollywood star Brad Pitt took a moment to comment on his recent look at the Los Angeles premiere of 'Bullet Train'.

The actor has been making an impression as he's continued the global promotional circuit for the action movie, making headlines last week for wearing a linen skirt to the film's premiere in Germany. Pitt gave the best explanation he could for the inspiration behind the look.

"I don't know! We're all going to die, so let's mess it up," Pitt told 'Variety'.

For the Los Angeles premiere, Pitt wore a roomy green suit complemented by a teal undershirt and vibrant yellow sneakers.

'Bullet Train' stars Pitt as a hitman who has to fight his way through a train filled with

dangerous killers, played by actors like Bad Bunny, Joey King, Aaron Taylor-Johnson and Brian Tyree Henry.

—IANS

Filmmaker Karan Johar manages to get celebrities to talk about sex on his show

From 'first night' to a sex playlist and threesomes, celebrities did not shy away from speaking their "naughty" minds on the popular show 'Koffee With Karan', hosted by filmmaker Karan Johar.

The seventh edition of the talk show is currently airing on Disney+ Hotstar and it has seen the who's who of Indian cinema.

Ranveer and Alia were the first to be a part of the maiden episode of the show, which first aired on the OTT platform on July 8. The '83' star spoke candidly about how he has a "different sex playlist".

Ranveer had said: "I have different sex playlists. For sensuous, passionate, loving sex. Then for raunchy, randy, dirty sex. Different sex playlists."

He then talked about having a "quickie in the vanity van". He shared: "There's a risk element involved but that's what makes it more exciting."While Alia said "suhag raat" does not exist and it is "just a myth", Ranveer revealed he was not tired at all after the wedding.

The second episode, which aired on July 14, featured Janhvi and Sara. KJo had asked Janhvi about having sex with an ex, where the 'Dhadak' star replied: "No, can't go backwards."

In the third episode, it was Karan who was seen talking about his sex life with Akshay Kumar and Samantha. While having a conversation about their personal lives, Karan spoke to Samantha about his sex life and said: "My Love and Sex Life.. It is very lonely, Sam. You and I are floating in the same boat", cryptically pointing towards her separation.

The episode featuring Vijay and Ananya was a fiery one! It gave out details about the Telugu star that no one would have ever known. Vijay, who's now regarded as perhaps the country's sexiest single man, revealed to Karan that the most public place he has had sex in is "a boat". Appearing with "Liger" co-star Ananya Panday in the fourth episode, Vijay clarified that the boat in question was in fact "like a small yacht". Karan replied: "In the middle of the ocean?" Hearing the actor's reply, Karan remarked that it was sexy, even as Ananya said: "I don't do all these things." Karan jumped on Ananya's statement and asked her if she hadn't had sex in a public place, she said: "I haven't done it." Vijay also let out that he had had sex in cars. Karan then questioned: "But aren't they uncomfortable? I haven't done anything in a car." To which the 'Liger' star said: "Desperate times."

The upcoming episode will have 'Laal Singh Chaddha' stars Aamir Khan and Kareena Kapoor Khan. In the promo, the host is seen asking Kareena: "Quality sex after babies myth or reality?" Kareena says: "You wouldn't know." To which, Karan replies: "My mother is watching this show and you all are talking badly about my sex life." Pat came a cheeky reply from Aamir: "Your mother doesn't mind you talking about other people's sex life". IANS

Silver jubilee for Kalakaar Harish

As he celebrates 25 years in the world of films, Harish Raj AKA Kalakaar Harish Raj is on cloud nine. Harish, who began his career with Hosa Chiguru Hale Beru, a tele serial in 1996 and debuted in Sandalwood with Doni Saagali in 1998 has had a good run. He is the only artist who acted in three movies – Dweepa, Taayi Saheba and Koormavatara – directed by veteran Girish Kasaravalli. Apart from acting in 50 Kannada movies, several Tamil and Malayalam movies, Harish handled the megaphone for Kalaakaar in 2009.

"I want to thank all directors and producers, especially Kasaravalli sir, and producer of Doni Saagali for encouraging me. I had a chance to share screen space with Power Star Puneeth Rajkumar and Malayalam actor Mammootty. I had a chance to participate in Bigg Boss and Sudeep sir encouraged me a lot," said Harish. Kasaravalli said Harish is the only actor to act in three of his films. "I am happy with Harish Raj's progress as an actor," said Kasaravalli.

—Y Maheswara Reddy

Amy's plea for dolphins

Amy Jackson, who has acted in Tamil films, has expressed anguish and anger at the slaughtering of 100 Bottle Nose dolphins on the Faroe Islands.

Taking to Instagram, she wrote, "Every summer on the Faroe Islands, around 800 whales and dolphins lose their lives, through a barbaric ritual of mass slaughter. Once upon a time the tradition was that their meat was used and eaten, but nowadays, they choose to leave the meat rotting in the sun, just taking the lives of sea creatures for some kind of sick

satisfaction justified by a cultural tradition.

"Sea shepherd, the conservationist group who are trying hard to fight the annual massacre, recorded 63 pilot whales were killed by Faroese hunters..."

—IANS

Bigg Boss is watching them

The first season of Bigg Boss Kannada is all set to be aired on streaming platform Voot from 7 pm onwards on August 6. The show will have 6 weeks of access and engagement. Viewers will get a chance to watch a fully interactive 24x7 live feed from the house.

At the launch of the show on OTT, Badshah of the Kannada film industry Kichcha Sudeep arrived in style! Sudeep said, "In this season, viewers will have the ultimate say on what is happening inside the house. I am excited, as

this is happening for the first time." "Housemates are relatively young and digital friendly," said Param, Business Head, Kannada Cluster, Viacom18.

—Y Maheswara Reddy